

CLAIM AMENDMENTS

1-20 (canceled)

21. (currently amended) A method for encouraging diverse exercise activity of a user, comprising the steps of:

providing an exercise machine comprising a frame, force receiving members linked to the frame for movement in closed paths relative to the ~~frame~~ frame, the force receiving members comprising an arm supporting member moved by an arm of the user and a leg supporting member moved by a leg of the user, resisting means for resisting movement of the force receiving members in the closed paths;

displaying a first arrangement of first exercise performance data describing exercise performed by the user while the resisting means is providing a first level of resistance to movement of the force receiving members that is less than a threshold level; and

displaying a second arrangement of second exercise performance data describing exercise performed by the user while the resisting means is providing a second level of resistance to movement of the force receiving members that is greater than the threshold level.

22. (previously presented) The method of claim 21 further comprising the step of:

switching the level of resistance to movement of the force receiving members provided by the resisting means between the first and second levels of resistance during the exercise activity such that the user is encouraged to perform primarily cardio exercise when the resisting means provides less than the threshold level of resistance, and such that the user is encouraged to perform primarily strength exercise when the

resistance means is providing greater than the threshold level of resistance.

23. (previously presented) The method of claim 22 wherein the resistance to movement of the force receiving members provided by the force resisting means is switched between the first and second levels in response to user input.

24. (previously presented) The method of claim 22 wherein the resistance to movement of the force receiving members provided by the force resisting means is switched from the first level to the second level when the user has performed a first predetermined amount of exercise activity with the resistance set at the first level, and wherein the level of resistance to movement of the force receiving members provided by the force resisting means is switched from the second level to the first level when the user has performed a second predetermined amount of exercise activity with the resistance set at the second level.

25. (previously presented) The method of claim 22 further comprising the step of

providing a visual indication to the user as to whether the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members or performing primarily strength exercise when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

26. (previously presented) The method in accordance with claim 22 wherein the first performance data and the second performance data arrangements are concurrently displayed.

27. (previously presented) The method of claim 26 further comprising the step of:

adjusting appearances of the displayed first and second performance data arrangements to indicate whether the resisting means is providing less than or greater than the threshold level of resistance to movement of the force receiving members.

28. (previously presented) The method of claim 21 wherein the first and second performance data arrangements are alternately displayed by displaying the first performance data arrangement while the resisting means is providing less than the threshold level of resistance to movement of the force receiving members, and by displaying the second exercise performance data arrangement when the resisting means is providing greater than the threshold level of resistance to movement of the force receiving members.

29. (previously presented) The method of claim 21 wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

30. (previously presented) The method of claim 22 further comprising the steps of:

providing a visual indication to the user as to whether the user is performing primarily cardio exercise when the resisting means is providing less than the threshold level of resistance to movement of the force receiving members or performing primarily strength exercise when the resisting means is providing greater

than the threshold level of resistance to movement of the force receiving members,

wherein the first exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing less than the threshold level of resistance to movement of the force receiving members, and

wherein the second exercise performance data indicates a cumulative amount of exercise performed by the user when the resisting means was providing greater than the threshold level of resistance to movement of the force receiving members.

31-40 (canceled)